

Keep illness from spreading!



If you have a **fever** with **cough or rash**, let us know – we'll get you a **mask** to wear while you are in this building.

Tiny droplets of moisture that leave the nose or mouth when a person coughs, sneezes or talks can spread disease. Without meaning to, we can make others sick when these droplets touch another person's nose, mouth or eyes. Some diseases that are spread by droplets in the air include:

- Colds
- Flu
- Whooping Cough
- Bacterial Meningitis
- Mumps
- SARS
- Measles
- Rubella

Symptoms of these diseases often include fever with a cough or rash. We are asking people who think they may have these symptoms to wear a mask while in this building.

*Cover your mouth
when you cough
or sneeze—*

*If you use your
hands, then wash
them please.*

Good health manners will help keep illness from spreading!

- Cover your mouth and nose with tissues every time you sneeze or cough.
- Put used tissues into the trash.
- Wash your hands well and often with soap and water, or use an alcohol hand sanitizer.

This is a message for staff, patients and visitors from the Utah Department of Health and this hospital or health care center.

For more information on good health manners and infection control, contact your local health department or visit: www.health.utah.gov